

The 15-Minute Moving Checklist

A calm way to cover the change-of-address basics, one small step at a time.



FIND WHAT YOU NEED

Contents

START YOUR MOVING CHECKLIST

Quick Route: Start with the Moving Checklist Companion App	3
Important Note About Moving Rules and Deadlines	5
Why Moving Feels Like 100 Tasks at Once	8

THE MOVING CHECKLIST METHOD

The 4 Groups of Moving Tasks	11
The 15-Minute Moving Checklist: Order of Steps	17
Moving Your Mail: The Address Change Basics	20

MOVING DAY AND AFTER

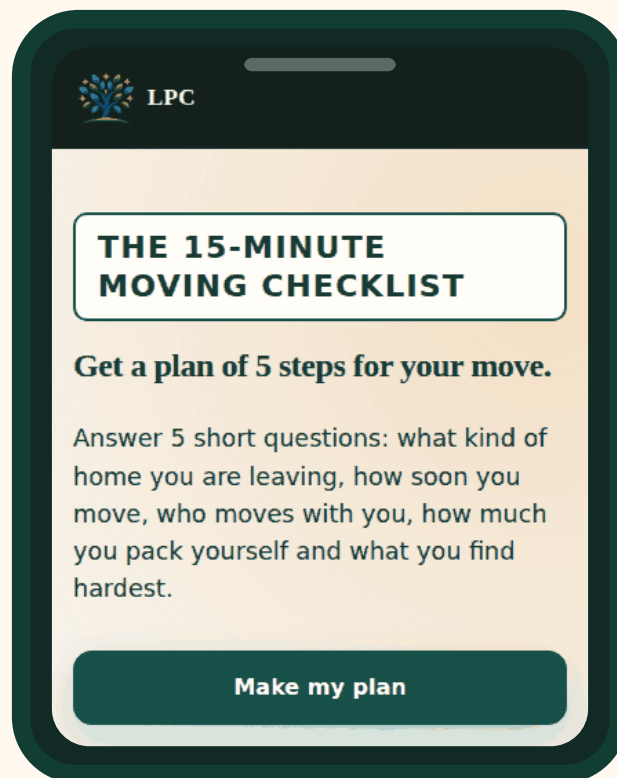
Moving Day Boxes: A 20-Minute Packing Start	29
Moving Day: A One-Page Plan	41
After the Move: Your First 15 Minutes	44

YOUR MOVING PLAN AND THE APP

The Moving Checklist Companion App	53
Final Checklist: The 15-Minute Moving Checklist	55
Sources Used for Moving and Address Change Guidance	58

[START HERE](#)

Quick Route: Start with the Moving Checklist Companion App



If you are moving soon and every task feels like it is shouting at once, the Moving Checklist Companion App can help you start now.

CONTINUED

You answer 5 questions about your move, and the app gives you a plan with 5 steps. The steps follow the same order as this guide: address and mail, accounts, boxes, utilities and the last day.

Save favorites and add personal notes, so your app is tailored to your preferences.

You can create 2 complete personalized plans free.

Read the Important Note About Moving Rules and Deadlines first. Then use the app for a plan, or keep reading and learn the method at your own pace.

Open the Moving Checklist Companion App

<https://moving.lifeperksclub.com>

A GENTLE NOTE

Important Note About Moving Rules and Deadlines



This guide gives everyday advice about putting your moving tasks in a calm order. It is general information. It does not replace the official pages listed at the end.

CONTINUED

It does not promise that your move will be smooth or fast. It gives no prices, no deadlines and no rules for any one state or city. It gives no advice about leases, deposits, insurance, taxes or moving companies.

The 15-minute frame is this guide's own idea. It is a way to make a small start. It does not come from an official source.

This guide leans on one source, a page from USA.gov about changing your address. That page tells you how to change your address with the post office. It lists government offices that need your new address.

CONTINUED

It says nothing about deadlines. So this guide gives none. Whenever the guide says what the page says, it says "according to USA.gov". Everything else is the guide's own suggestion, and it says so.

This guide and the companion app never ask you for a Social Security number, an account number or a password. Please do not type those into either one.

You never have to do a step that feels confusing. If a step does not fit your move, skip it and go on to another one.

[START HERE](#)

Why Moving Feels Like 100 Tasks at Once



Moving is not one task. It is a pile of small tasks that all arrive at the same time. You pack, you

CONTINUED

change your address, you call about the internet, you find the box with the kettle.

Each task is small. The trouble is that nobody tells you which one comes first. So your mind keeps all of them open at once, and that is what makes moving feel heavy.

This guide does not make the tasks smaller. It does something simpler. It gets them out of your head and onto one page, and then it puts them in an order.

CONTINUED

That is the whole idea. You do not need to be an organized person to do it. You need a pen, a piece of paper and about 15 minutes.

Here is what you can expect from the guide. First, a quick way to write every task down. Second, a way to sort the tasks into 4 groups. Third, a short order of steps. After that, there are sections for mail, accounts, boxes, utilities, the last week, moving day and the first days in your new home.

The 15 minutes is a starting frame, not a promise that the whole move takes 15 minutes. It means that one short sitting is enough to know what comes next.

THE 4 GROUPS OF MOVING TASKS

The 4 Groups of Moving Tasks



Almost every moving task fits into one of 4 groups. This grouping is the guide's own idea. It is not an official list.

CONTINUED

1. Address and mail. Everything that has to know where you will be. Your mail, your accounts, your official records.

2. Home services. The things that keep a home running: electricity, water, internet, trash and anything else you pay for each month.

3. Boxes and things. Packing, labeling, moving the things you own and cleaning the place you leave.

4. People and days. Who helps, who needs to know, what happens on the last day and what happens on the first day.

CONTINUED

When you have a task and you do not know where it goes, ask one question: what does this task need? If it needs a place, it is address and mail. If it needs a company, it is home services. If it needs a box, it is boxes and things. If it needs a person or a day, it is people and days.

You can use other names for the groups. A group is only a place to put a task so that you can see it later.

Do not worry if a task fits in 2 groups. Put it in the one that feels more natural, and move on.

THE METHOD

Your 15-Minute Moving Task Dump



A task dump means writing down every moving task you can think of, without sorting them. Set a timer for 15 minutes. This frame is the guide's own.

Take a piece of paper, or open the notes on your phone. Write one task per line. Do not put them in

CONTINUED

order. Do not worry about whether a task is big or small.

If you get stuck, walk through the home in your mind. Think about each room. Think about the mailbox. Think about the bills you pay.

You can also look at the 4 groups. Ask: what in address and mail is still open? What in home services? What in boxes and things? What in people and days?

CONTINUED

When the timer rings, stop. You have a list. It will not be complete, and that is fine. You can add to it later.

Now take a pen and mark each task with a letter for its group: A for address and mail, H for home services, B for boxes and things, P for people and days.

You have just done the hardest part. The tasks are out of your head. Now you can see them.

If you want, the companion app can do the sorting for you. You answer 5 questions, and it gives you a plan. You can still keep your paper list next to it.

THE METHOD

The 15-Minute Moving Checklist: Order of Steps



MOVE ONE SMALL STEP AT A TIME - 15 MINUTES
- ONE LIST

Here is the order this guide suggests. It is the guide's own order. It is not from an official source, and you can change it to fit your move.

CONTINUED

1. **Address and mail first.** These tasks take little time, and they keep your mail coming to you. Start with the post office.

2. **Accounts and official records second.** Make a list of who needs your new address.

3. **Home services third.** Find out who provides what at your new home, and who needs to stop at your old one.

4. **Boxes fourth.** Start with the things you use least.

CONTINUED

5. **The last day fifth.** Make a one-page plan for the day you leave.

Why this order? The first 2 steps take the least work and cost the most if you forget them. Boxes take the most work, but they can start early and in small pieces.

You do not need to finish a step before you start the next one. They overlap. But if you are not sure where to start, start at the top.

Take your task dump and look at it again. Next to each task, write the number of the step it belongs to. Then pick 3 tasks from step 1 or step 2, and do one of them today.

The next sections go through the steps one by one.

MOVING YOUR MAIL

Moving Your Mail: The Address Change Basics



According to USA.gov, you can change your address with the post office in 2 ways. You can do it online at [USPS.com/move](https://usps.com/move). Or you can go to your

CONTINUED

local post office and ask for a Mover's Guide packet.

According to USA.gov, scammers charge extra for a service you can do yourself. The page warns you not to pay a third-party company to change your address through the official post office system.

The guide's own rule is simple: use only the official post office website, or go to the post office. If a website asks you to pay a large fee before you start, close it.

This guide does not say how much the official change costs. The USA.gov page names a small amount, but the amount may change, so the guide does not repeat it. Check the official page.

CONTINUED

This guide does not say how long mail forwarding lasts. It has not seen a source for that, so it does not say. Check the official page for the latest details.

Here is a small action you can take in 15 minutes. Write down your old address and your new address on a card. Write the date you plan to move. Then look at the official post office page, or go to the post office.

Be careful with any page that asks for a Social Security number, a bank account number or a password. This guide and the companion app never ask for them.

MOVING YOUR ACCOUNTS AND

Moving Your Accounts and Official Records



According to USA.gov, some government offices need your new address too. The page lists these: the IRS for federal taxes, the Social Security Administration, Veterans Affairs, USCIS for

CONTINUED

immigration, your state motor vehicle office and your state election office.

For voting, the page points to [vote.gov](https://www.vote.gov). This guide does not give any rules for registering or updating. Rules differ by state, and the guide has not seen them.

The page does not say when to do any of this. It gives no deadlines. So this guide gives none. If you are not sure, check the official page of each office.

Not every office on the list applies to you. Read the list and cross out the ones that do not fit your life. Then write down the rest.

CONTINUED

Beyond the government, you may have other places that need your new address. This part is the guide's own suggestion. Think about your bank, your employer, your phone company, your doctor's office, the school, your online shopping and any subscription.

Make a list with 2 columns. In the first, write who needs the address. In the second, write how you will tell them. Use the official website or app of each one.

The guide does not tell you what to say or what to send. Each office has its own way, and you should use it.

A SIMPLE RULE FOR MOVING

A Simple Rule for Moving Address Scams



According to USA.gov, some companies charge a fee to change your address, even though you can do it through the official post office system yourself. The page warns against paying them.

CONTINUED

Here is a short rule that is the guide's own. Before you type anything into a page about your move, ask 3 questions.

1. Did I start from an official address? Type the address yourself, or use the one in this guide's sources. Do not start from an ad.

2. Is it asking for a lot of money first? According to USA.gov, scammers charge much more than the official change costs.

CONTINUED

3. Is it asking for a password or a number it should not need? Be careful with any page that asks for a Social Security number, a bank account number or a password.

If the answer to any of these is yes, stop. Close the page. Start again from the official one.

The guide does not say that every other company is a scam. Some moving services are real and useful. The rule is only about the address change itself, where USA.gov says you can do it through the official system.

If you are not sure about a page, ask someone you trust to look at it with you.

THE METHOD

Moving Day Boxes: A 20-Minute Packing Start



Packing is the biggest task in a move, so this guide gives it a small start. The 20-minute frame is the guide's own. It is not an official rule.

CONTINUED

Set a timer for 20 minutes. Choose one place in your home where you keep things you rarely use. A shelf, a closet or a drawer will do.

Take everything out of that one place. Put it in a box. Close the box and write a short label on the outside. The label can say the room it will go to in the new home, and a few words about what is inside.

That is one box. It is a good start, and it will not be the last.

CONTINUED

Here are a few simple ideas for boxes. They are the guide's own suggestions.

- Start with the things you use least. Leave the things you use every day for last.
- Keep each box to one room.
- Pack heavy things in small boxes, and light things in big boxes.
- Ask for help with anything heavy. Do not lift what feels too heavy for you.
- Keep one box for the first night. Put in it only what you need on the first day.

The guide does not name any box brand or any packing product. It does not say how many boxes you need. That depends on your home.

MOVING UTILITIES AND HOME

Moving Utilities and Home Services: A Short List



Home services are the things that keep a home running. This list is the guide's own. Your list may be shorter or longer.

CONTINUED

Think about the services you pay for or use each month. Electricity. Water. Gas, if you have it. Internet. Trash. Phone. Any others.

For each one, you need to answer 2 questions. What will I need at the new home? What will I stop at the old home?

Write each service on a line. Next to it, write 2 short notes: "start" for the new home and "stop" for the old home.

Then look at the date you plan to move. Think about which services you will need on the first day. Most people want the lights, the water and the internet to work. Mark those first.

CONTINUED

The guide does not say when to call each company. It has not seen a source for the timing, so it does not give one. Look at the website of each company, or call them, and ask.

The guide does not say what to do with any equipment, such as a modem. The company can tell you.

You do not have to do any electrical, gas or plumbing work yourself. If something does not look right, ask a professional.

MOVING WITH KIDS, PETS OR A

Moving With Kids, Pets or a Partner



A move is easier when everyone who lives with you knows what is happening. This section is the guide's own set of ideas, and it only covers small, practical things.

CONTINUED

With kids. Let each child pack one small box of their own things. Let them write on it. Tell them in simple words what day you are moving and where you are going. Keep a few favorite things out until the last day.

With pets. Keep your pet's usual things together in one box or bag, so you can find them on the first day. Keep their usual routine as much as you can. This guide gives no advice about vet care or travel with animals. Ask your vet if you have questions.

With a partner or housemates. Share the task list. Write each person's name next to the tasks they

CONTINUED

take. Choose a time each week to look at the list together for 10 minutes.

If you live alone, you can still ask one person to be your helper. Give them one clear task, such as carrying boxes to the car.

If someone does not want to help, that is all right. Pick the small tasks they can do, and do the rest yourself.

The guide does not give advice about family matters, schools or legal matters.

STEP BY STEP

The Last Week Before the Move



The last week is easier when most boxes are packed and the list is short. This section is the guide's own plan.

CONTINUED

Check the list. Look at your task dump. Cross out what is done. Circle the 5 tasks that are left and that matter most.

Check the address and mail. Look at your notes. Did you start the official change with the post office? Did you write down who else needs your new address?

Check the home services. Do you know what starts and what stops on the day you move?

Pack the first-night box. Put in it the things you will need on the first day: a phone charger, a few clothes, basic toiletries, a few snacks, a bag for trash and the paper list.

CONTINUED

Plan the last meals. Use up the food in the fridge. Do not buy more than you need.

Clean as you go. Clean one room at a time, after you empty it.

None of this is an official rule. It is a way to keep the last week calm. If you cannot do it all, do the first 2 and leave the rest.

If a task is too much, ask someone to help with it. You are allowed to ask.

STEP BY STEP

Moving Day: A One-Page Plan



Moving day is easier with a one-page plan. The plan is the guide's own. Write it on a single sheet and keep it in your pocket.

At the top, write the date, the old address and the new address.

CONTINUED

Next, write the times. When do helpers arrive? When do you leave? When do you expect to arrive?

Then, write 3 lists.

1. **Before you leave:** check each room, check the closets and drawers, take photos of the empty rooms, turn off the lights and lock the door.
2. **In the car:** the first-night box, important papers, chargers, keys, water and snacks.

CONTINUED

3. **When you arrive:** open the first-night box, check that the lights and water work, and put the boxes in the right rooms.

At the bottom, write the names and phone numbers of 2 people you can call if something goes wrong.

The guide does not say what to do with your keys, your deposit or your lease. Those depend on your agreement. Ask the person or company you rent from or buy from.

If something goes wrong on the day, take a breath. Choose the next small step on the plan, and do it.

THE METHOD

After the Move: Your First 15 Minutes



When you arrive, you do not have to unpack everything. This section gives you a short start. The 15-minute frame is the guide's own.

Set a timer for 15 minutes and do these 4 things in this order.

CONTINUED

1. **Open the first-night box.** Find the charger, the toiletries and the clothes for tomorrow.

2. **Check the basics.** Do the lights work? Does the water run? Is the internet on? If something does not work, write it on your list. Do not fix it today.

3. **Find a bed.** Put the bed together, or put out the bedding. You will be glad of it tonight.

4. **Look at your list.** Write 3 tasks for tomorrow, and put the rest away.

CONTINUED

That is enough for the first day. You do not have to unpack the kitchen tonight.

In the next days, you can go back to the list. Check that your mail is coming. Check which accounts still have the old address. Take one small box a day, and open it.

Here is a small idea that is the guide's own. Do not buy anything big in the first week. Wait until you know what you need.

The companion app can turn this list into a plan for your first week.

MOVING TASKS THAT GET

Moving Tasks That Get Forgotten



Some tasks are easy to forget in a move. This list is the guide's own set of reminders. It is not official, and some may not apply to you.

- **The mailbox.** Check the old one, once, after you leave.

CONTINUED

- **Keys and cards.** Gather keys, garage openers and access cards that belong at the old place.
- **Subscriptions.** Look at your monthly charges. Tell each company your new address through its own app or website.
- **Online shopping.** Update the address before the next order.
- **Doctors and schools.** Let them know through their own official channels.
- **Friends and family.** Tell them your new address, in a way you choose.

CONTINUED

- **The old place.** Look in the attic, the garage, the shed and the back of the closets.

- **Photos.** Take pictures of the empty rooms before you leave.

Pick the 3 that apply to you and write them at the top of your list.

If you think of something at the last minute, write it down right away. Do not try to remember it.

The guide does not say what to do with each item, because it depends on you. It only helps you remember.

If you remember something later, that is normal. Add it to the list and do it when you can.

WHERE TO START

When Your Moving Plan Falls Apart



Plans change. A date moves. A helper cancels. A box goes missing. This section is for those days. The ideas are the guide's own.

When you run out of time. Look at your list and pick the 3 tasks that matter most. The address and

CONTINUED

mail, the home services and the first-night box come first. Leave the rest for after the move.

When a helper cancels. Ask someone else, or cut the task into smaller parts. You may not need to carry everything on the same day.

When the date moves. Change the dates on your list. Look again at the home services and your address change. Check that each one still matches the new date.

When a box goes missing. Look at your first-night box first. Check the list of what you

CONTINUED

packed. Look again in the places where you are most likely to have put it.

When you feel overwhelmed. Stop. Take 15 minutes. Do one small thing from the list, and then rest.

The guide does not give legal advice. If your date moves because of a lease or a purchase, ask the person or company you rent from or buy from, or a professional.

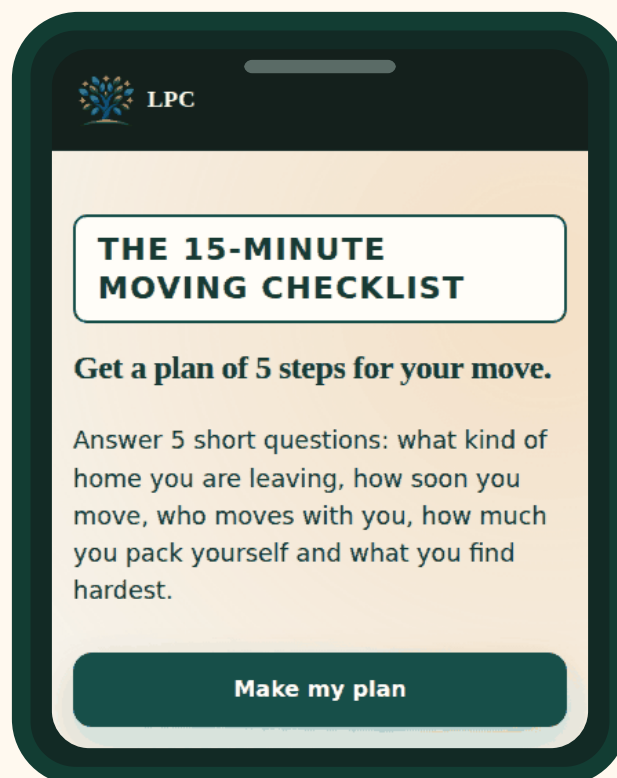
A moving plan that bends is still a plan. You do not have to start over.

OPTIONAL COMPANION APP

The Moving Checklist Companion App

This guide explains the method. The Moving Checklist Companion App turns it into a plan for your move.

You answer 5 questions about your move, and the app gives you a plan with 5 steps. The steps follow



CONTINUED

the same method as this guide: address and mail, accounts, home services, boxes and the last day.

The app does not give deadlines, prices or rules for your state, and it does not promise that your move will be smooth.

Save favorites and add personal notes, so your app is tailored to your preferences.

You can create 2 complete personalized plans free. After that, a one-time unlock of \$9 keeps it yours. There is no subscription and no renewal.

The app never asks for a Social Security number, an account number or a password.

Open the Moving Checklist Companion App

<https://moving.lifeperksclub.com>

FINAL CHECKLIST

Final Checklist: The 15-Minute Moving Checklist



- ☐ I wrote down my moving tasks in a 15-minute task dump.
- ☐ I sorted them into the 4 groups: address and mail, home services, boxes and things, people and days.

CONTINUED

☐ I picked the first 3 tasks and did one of them.

☐ I looked at the official post office page for my address change.

☐ I did not pay a third party to change my address.

☐ I wrote down who else needs my new address.

☐ I wrote a short list of home services to start and stop.

CONTINUED

☐ I packed one box in 20 minutes.

☐ I made a one-page plan for moving day.

☐ I know that this guide does not promise a smooth move, and gives no deadlines.

The phrase 15-minute moving checklist means one short sitting in which you write down, sort and order the moving tasks in front of you, so the next step is always clear.

SOURCES

Sources Used for Moving and Address Change Guidance

The statements about changing your address come from one U.S. government page. It was opened on October 7, 2026. Check the official page for the latest wording.

The 4 groups, the order of steps, the 15-minute task dump, the 20-minute packing start, the lists for utilities, the last week, moving day and the first days are our own suggestions. They are not official guidance.

This guide gives no deadlines, no prices, no state rules and no timing for mail forwarding, because the page we saw does not give them.

CONTINUED

- USA.gov, How to Change Your Address: online at [USPS.com/move](https://www.usa.gov/moving) or with a Mover's Guide packet at a post office; a warning against paying third parties.
<https://www.usa.gov/moving>

- The same USA.gov page: offices that need your new address (IRS, Social Security Administration, Veterans Affairs, USCIS, state motor vehicle and election offices); [vote.gov](https://www.vote.gov) for voter registration.

JOIN THE EMAIL LIST**Get the next useful solution first.**

New Mini Guides, Companion Apps and practical ideas go to your email list before anywhere else. Occasional, and free. You can unsubscribe at any time.

[**Sign up here**](#)